

# ***FITNESS360<sup>®</sup>***

**FT7212**

**Dual Abductor/Adductor**



Rubber rod
Level
Hexagon wrench
Two People
Adjustable wrench
Circlip pliers

#### Step 1:

Connect the counterweight lower guard (#2) to the counterweight frame (#1) using the following method:

- 2 x Hexagon socket head screw (#3)

#### Step 2:

Install the 2 weight rack feet (#4) to the weight rack (#1)

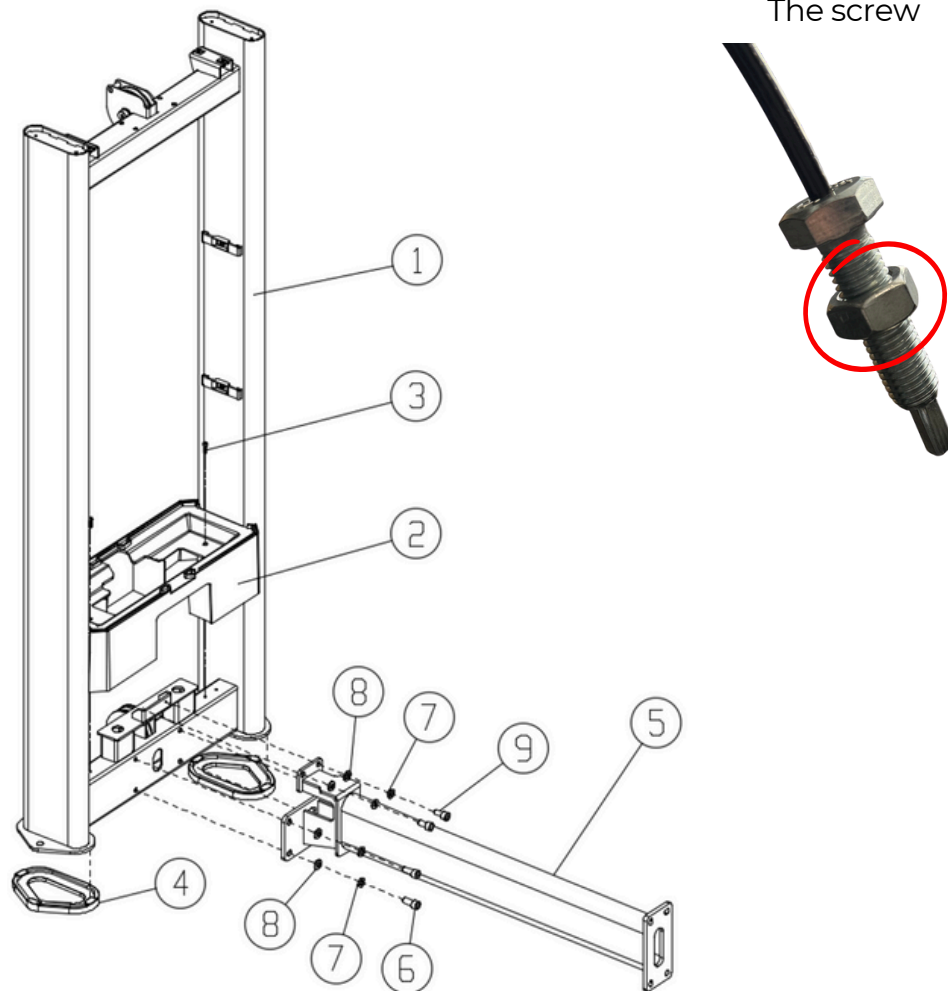
#### Step 3:

Connect the Inner and Outer Thigh Adapter (#5) to the Weight Adapter (#1) as follows:

- 4x Hexagon socket head screw (#6)
- 6 x Spring washer (#7)
- 6 x Flat washer (#8)
- 2 x Hexagon socket head screw (#9)

**Note: The wire must be inserted into the frame before bolting it together. Refer to the assembly illustration for a detailed view of the correct placement.**

**It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.**



Step 4:

Connect the two inner and outer thigh connecting plates (#11) to the inner and outer thigh side frames (#10) using the following method:

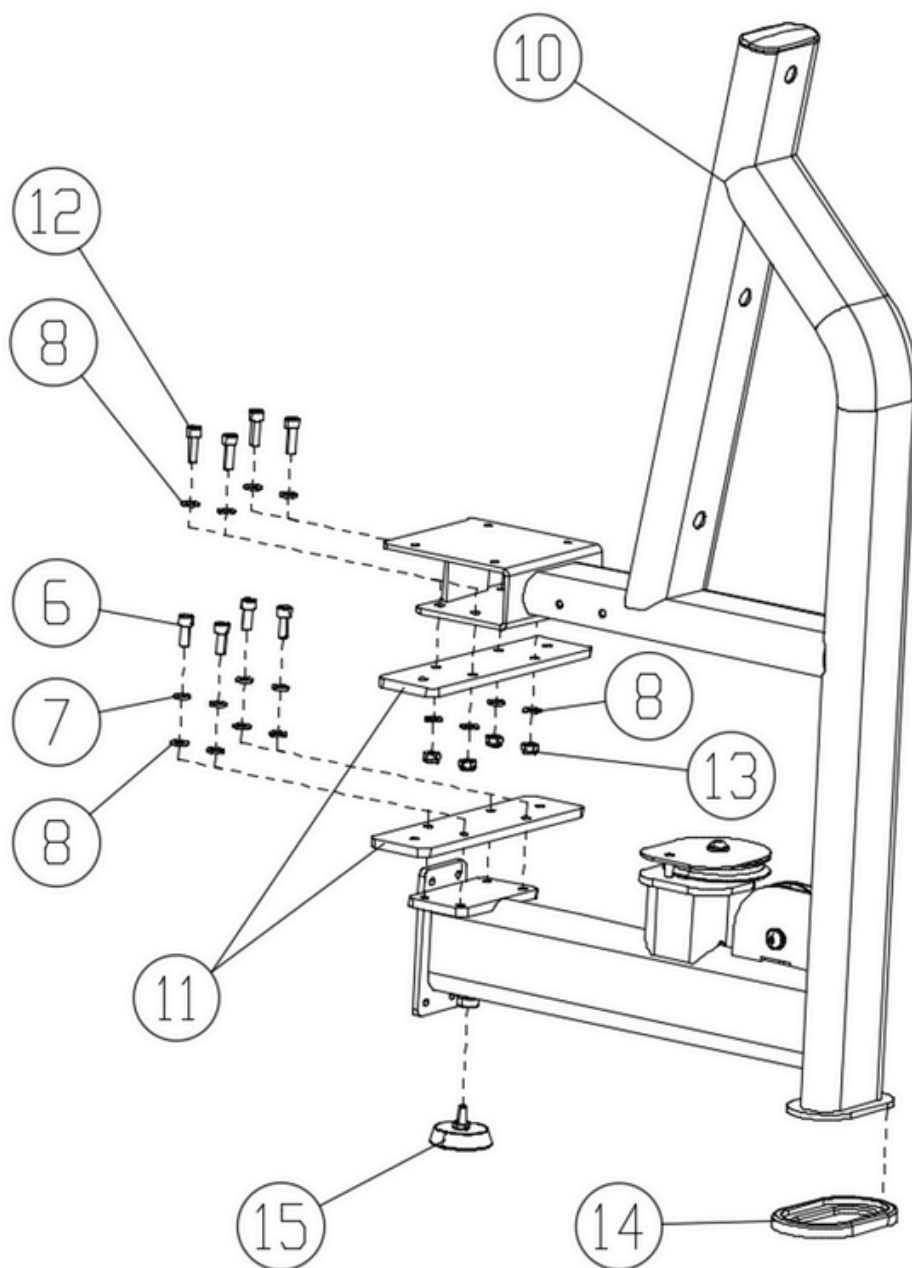
- 4 x Spring washer (#7)
- 12 x Flat washer (#8)
- 4 x Hexagon socket head screw (#12)
- 4 x Hexagon self-locking nut (#13)

Step 5:

Install the Flat Oval Foot Pads (#14) onto the Inner and Outer Thigh Side Frames (#10).

Step 6:

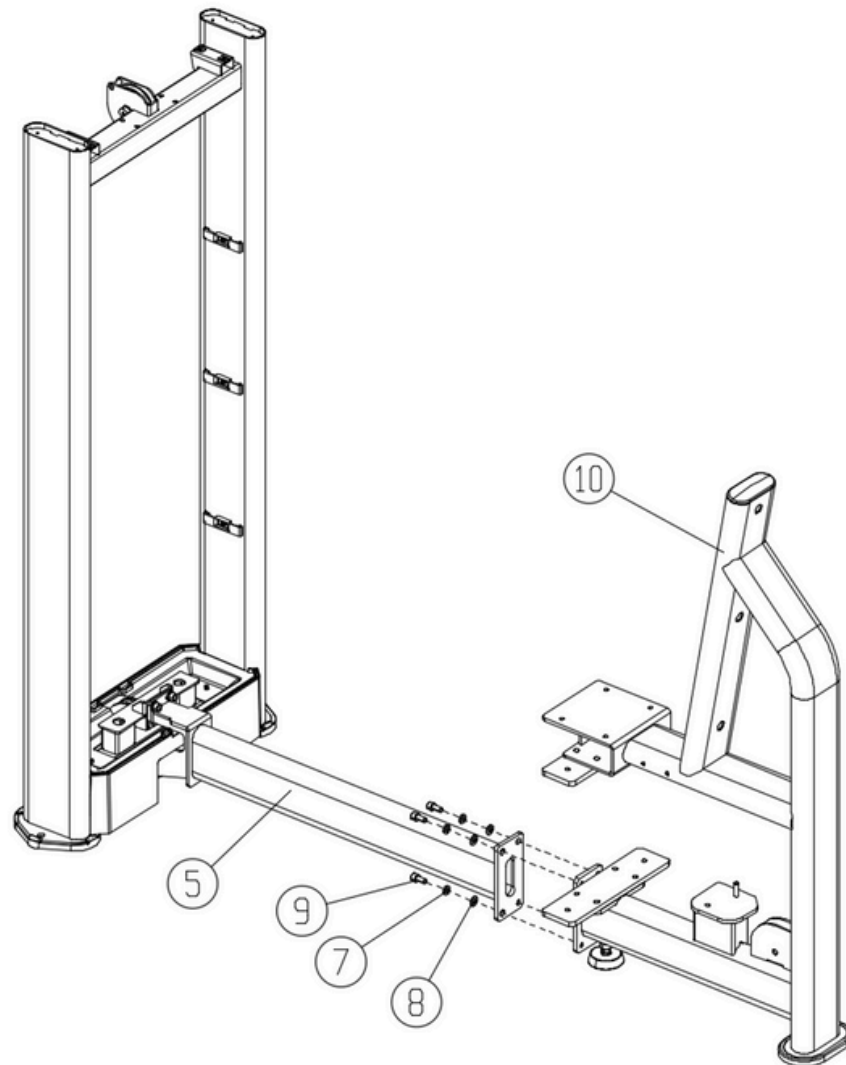
Install the movable foot pad (#15) onto the inner and outer thigh side frame (#10).



Step 7:

Connect the inner and outer thigh connection frame (#5) to the inner and outer thigh side frame (#10) using the following method:

- 4 x Hexagon socket head screw (#9)
- 4 x Spring washer (#7)
- 4 x Flat washer (#8)



Step 8:

Use the following method to connect the inner and outer thigh left lever arm (#16), main axis (#20) and inner and outer thigh side frame (#10)

- 2 x Hexagon socket head screw (#6)
- 2 x Spring washer (#7)
- 2 x Flat washer (#8)

Step 9:

Use the following method to assemble the right thigh inner and outer lever arm (#17), flange (#18), linkage plate (#19), and spindle (#20)

- 2 x Hexagon socket head screw (#6)
- 2 x Spring washer (#7)
- 2 x Flat washer (#8)

Step 10:

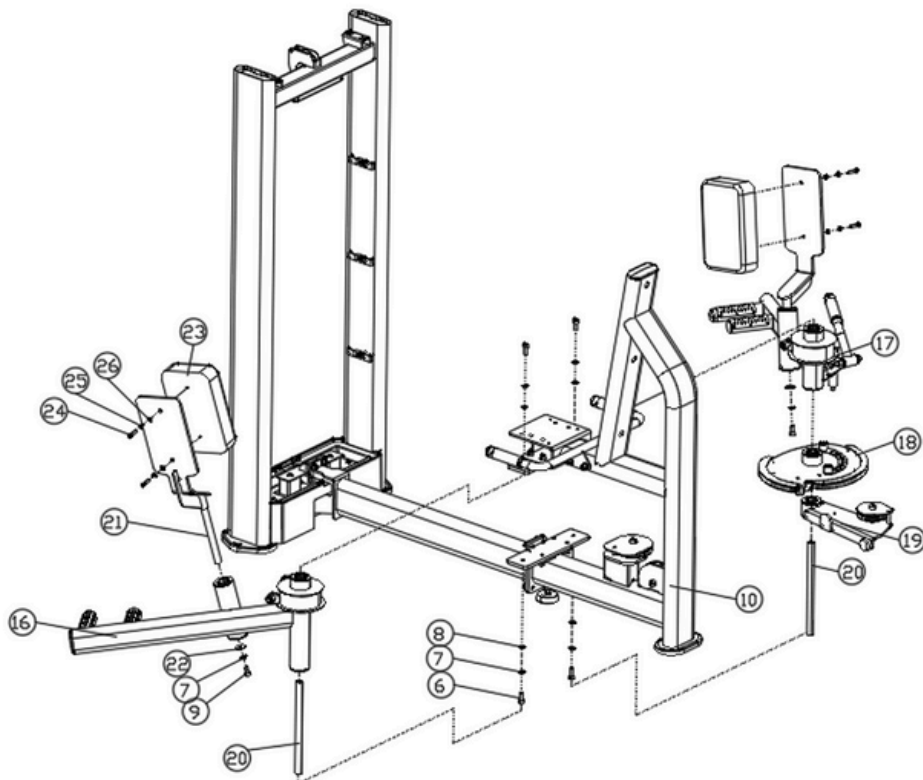
Connect the inner and outer thigh active arms (#21) to the left lever arm (#16) and the right lever arm (#17) respectively using the following method:

- 2 x Hexagon socket head screw (#9)
- 2 x Spring washer (#7)
- 2 x big Washer (#22)

Step 11:

Connect the Inner and Outer Thigh Pads (#23) to the Active Arms (#21) as follows:

- 4 x Hexagon socket head screw (#24)
- 4 x Spring washer (#25)
- 4 x Flat washer (#26)



### Step 12:

Slide the two rubber weight pads (#28) onto the two guide rods (#27). Connect the two counterweight frame bases (#29) and the two guide rods (#27) and place them into the counterweight frame (#1) in the following manner:

- 2 x Hexagon socket head screw (#30)
- 2 x Spring washer (#25)
- 2 x Flat washer (#26)

Tighten the bolts with a wrench before proceeding to the next step

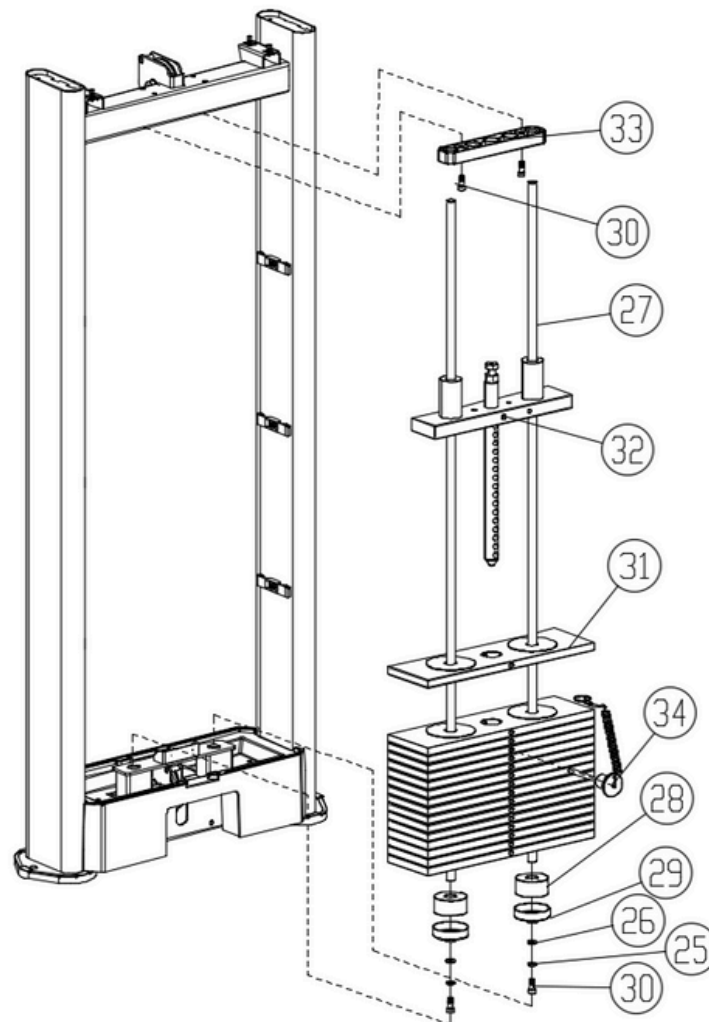
### Step 13:

Install the 16 counterweights (#31) onto the guide rods (#27) with the spacers facing up.

Install the guide block assembly (#32) onto the guide rod (#27).

Insert the counterweight pin (#34) into the counterweight (#31). Slide the guide bar retaining plate (#33) onto the guide bar (#27). Install the guide rod fixing plate (#33) to the counterweight frame (#1) as follows:

- 2 x Hexagon socket head screw (#30)

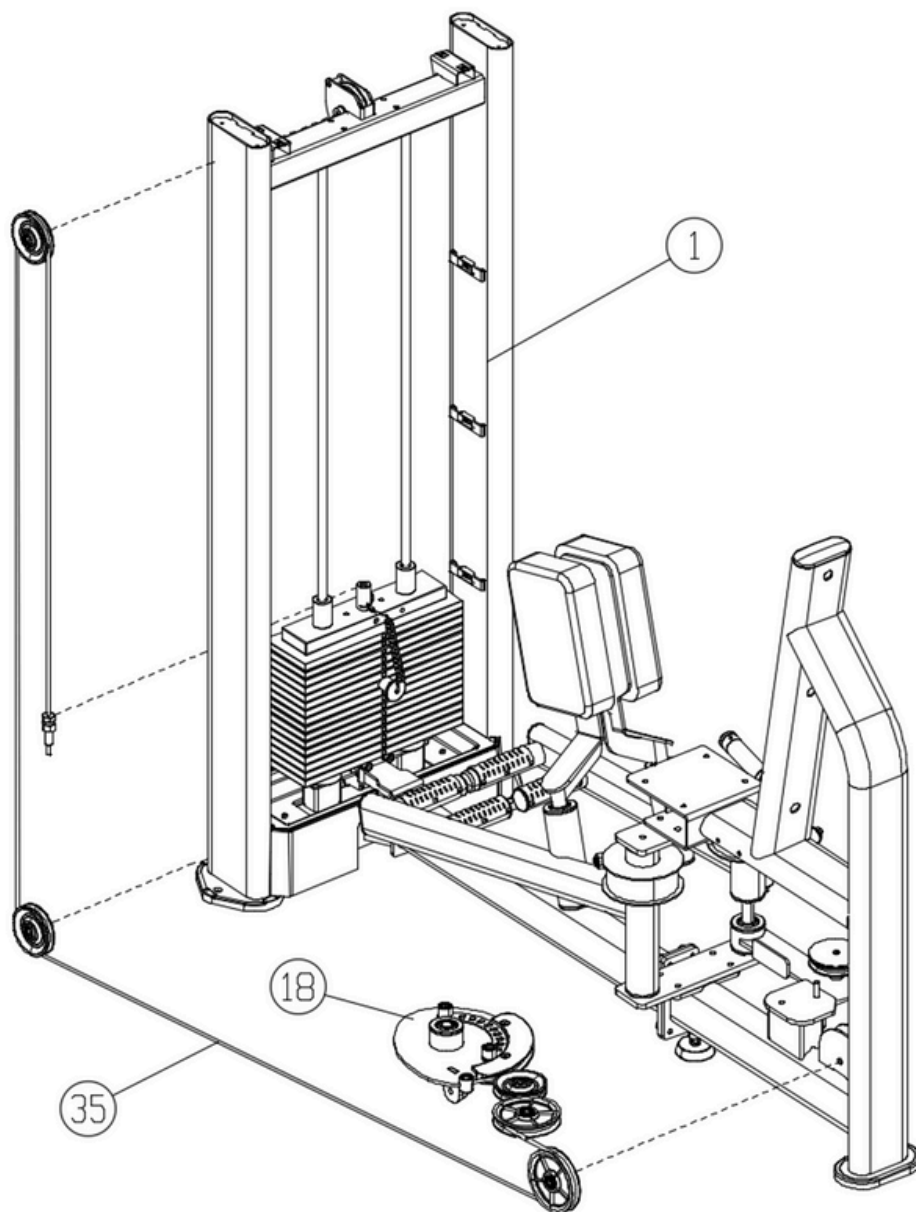


Step 14:

First disassemble the pre-installed 95 and 120 reels, insert the wire rope I (#35) as shown in the figure, and then reinstall all the reels.

Step 15:

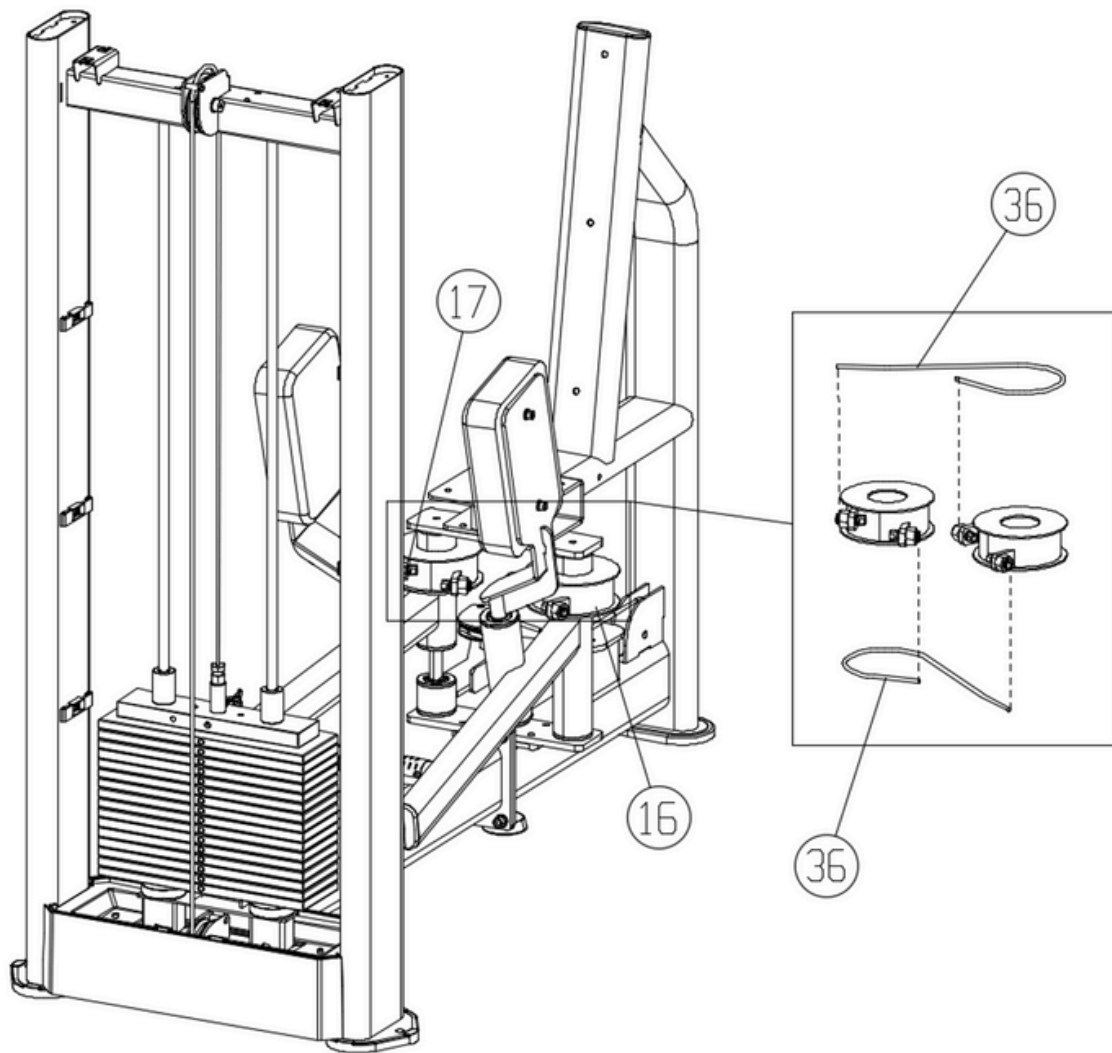
Connect one end of the wire rope I (#35) to the flange (#18) and then connect the other end to the counterweight frame (#1).





Step 16:

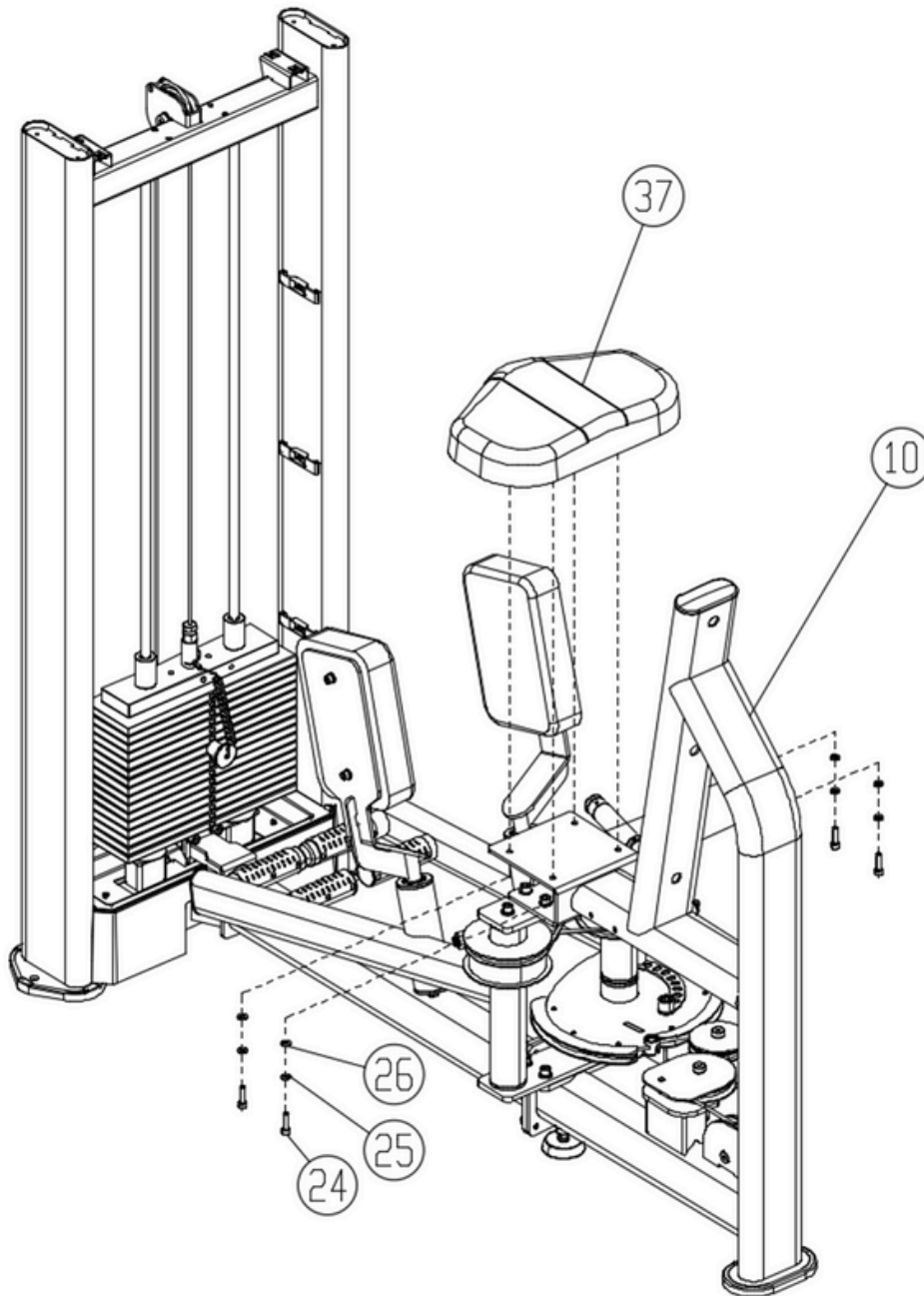
After inserting the wire rope II (#36) as shown in the figure, connect it to the left lever arm (#16) and the right lever arm (#17) respectively.



Step 17:

Connect the Seat Cushion (#37) to the Inner and Outer Thigh Side Frames (#10) as follows:

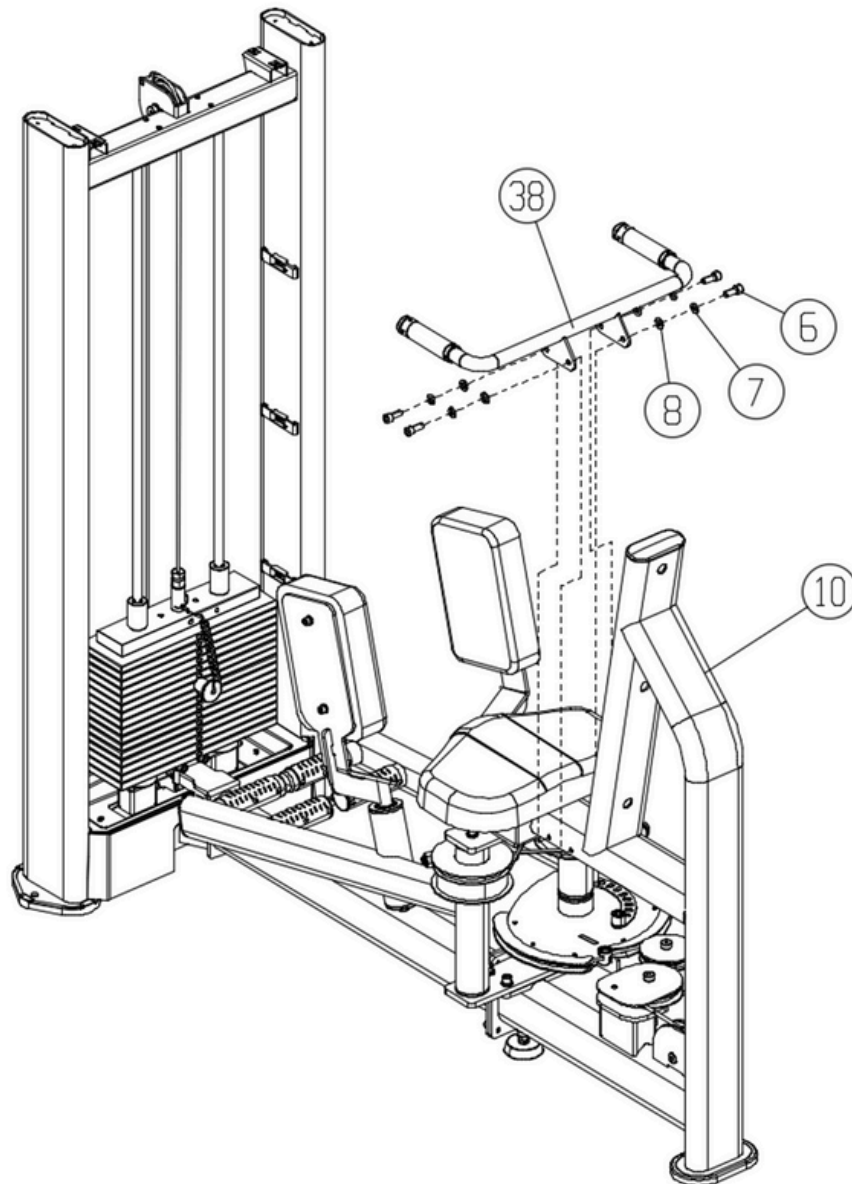
- 4 x Hexagon socket head screw (#24)
- 4 x Spring washer (#25)
- 4 x Flat washer (#26)



Step 18:

Connect the Handrail (#38) to the Inner and Outer Thigh Side Frame (#10) using the following method:

- 4 x Hexagon socket head screw (#6)
- 4 x Spring washer (#7)
- 4 x Flat washer (#8)



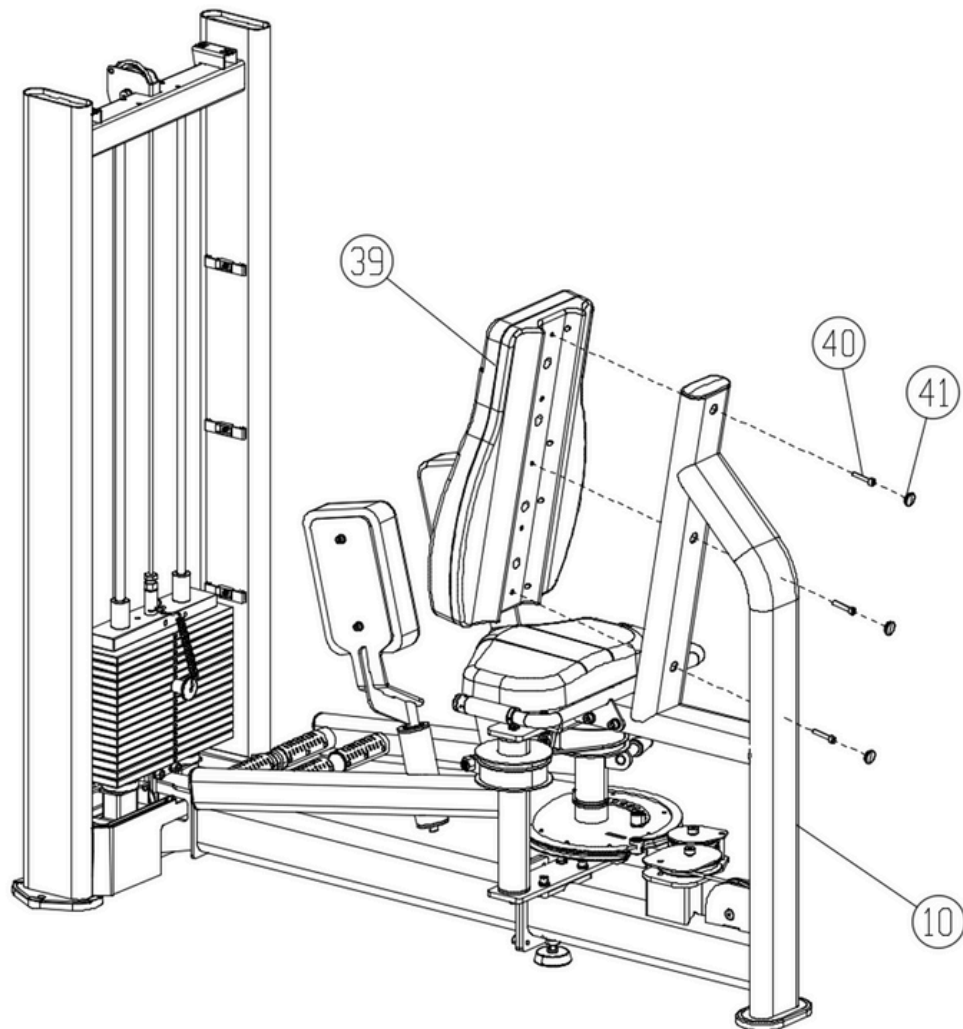
Step 19:

Connect the backrest (#39) to the inner and outer thigh side frames (#10) using the following method:

- 3 x Hexagon socket head screw (#40)

Step 20:

Install the 3 hole plugs (#41) onto the inner and outer thigh side frames (#10).



Step 21:

Slide the two trim strips (#43) into the two fenders (#42) and attach to the counterweight frame (#1) using the fender hold-down plates.

Slide the trim plate (#44) into the two baffles (#42) and attach to the counterweight frame (#1) using the baffle hold-down plates.

Attach the upper guard (#45) to the counterweight frame (#1) as follows:

- 4xHexagon socket head screw (#3)

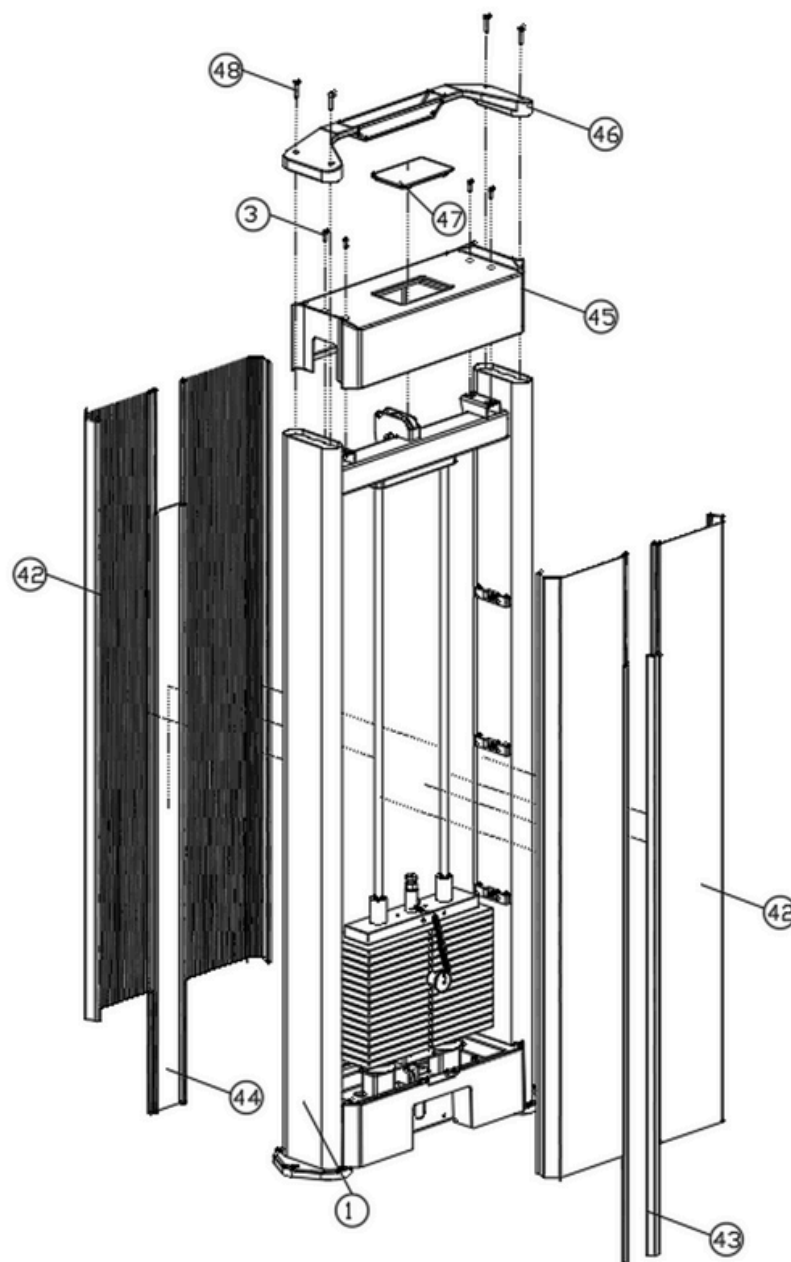
Step 22:

Attach the upper cover trim (#46) to the counterweight frame (#1) using the following method:

- 4 x Hexagon socket head screw (#48)

Step 23:

Snap the upper shroud cover (#47) onto the upper shroud (#45).

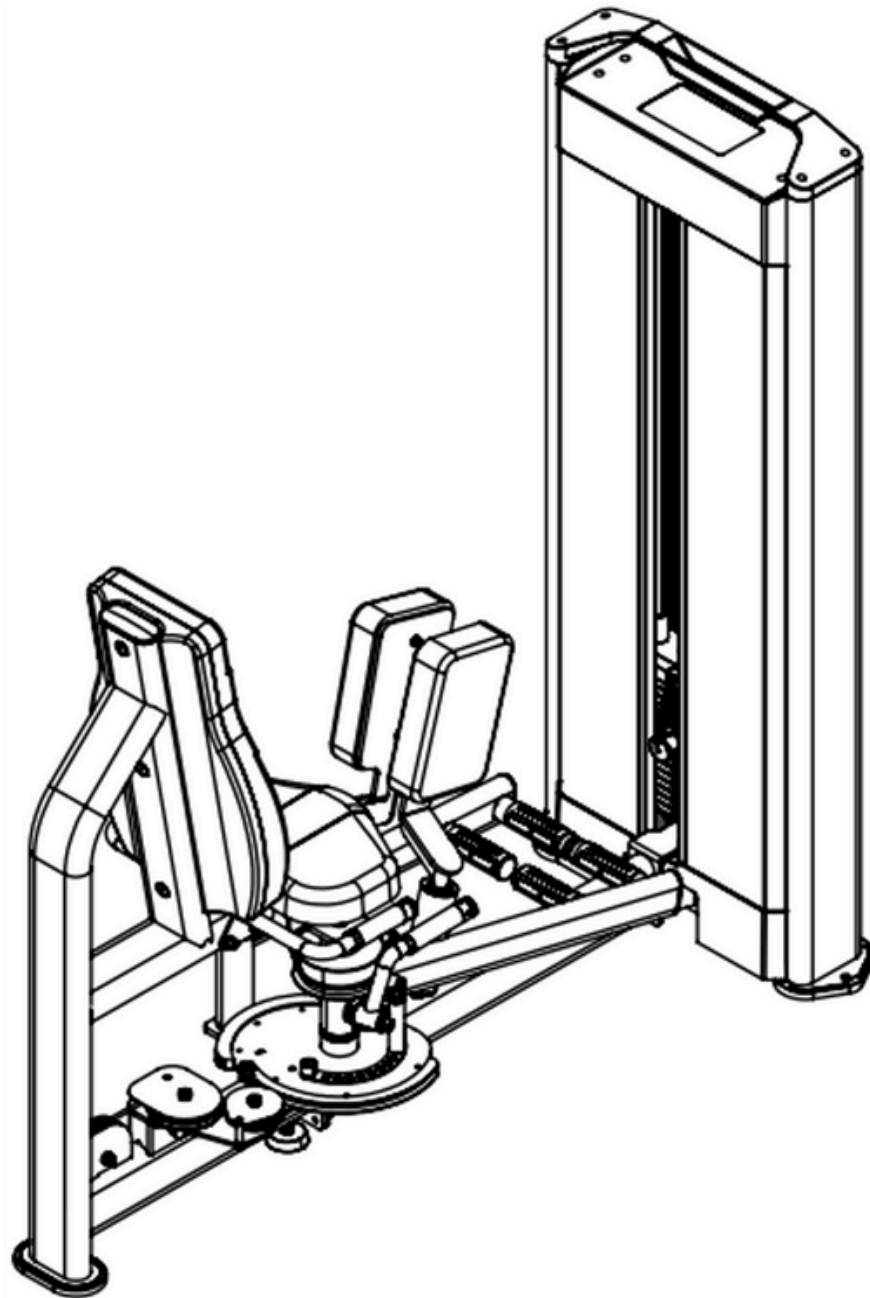


### Important Tips

Now that your Dual Abductor/Adductor unit is fully assembled, take a moment to ensure that it is both level and plumb. Use a spirit level to check the vertical alignment of the guide rods in all directions.

If they are not perfectly vertical, loosen the frame bolts slightly, adjust the alignment, and re-tighten all bolts securely.

### Assembly



## Accessory List

NUMBER	Name and specifications	quantity
1	Counterweight rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screw (M5*16)	8
4	Weight rack foot pads	2
5	Inner and outer thigh connection frame	1
6	Hexagon socket head screw (M10*25)	16
7	Spring washer (10)	twenty four
8	Flat washer (10)	30
9	Hexagon socket head screw (M10*20)	8
10	Inner and outer thigh side frame	1
11	Inner and outer thigh connection plates	2
12	Hexagon socket head screw (M10*30)	4
13	Hexagonal self-locking nut (M10)	4
14	Flat oval foot pad	1
15	Activity mat	1
16	Left thigh inner and outer moment arm	1
17	Right moment arm of inner and outer thigh	1
18	Flange	1
19	Linkage disk	1
20	Spindle	2
21	Inner and outer thigh arm movements	2
22	Large Washer (10)	2
23	Inner and outer thigh pads	2
24	Hexagon socket head screw (M8*30)	8
25	Spring washers (8)	10
26	Flat washers (8)	10
27	Universal weight guide rod	2
28	Counterweight rubber pad	2
29	Counterweight rack base	2
30	Hexagon socket head screw (M8*20)	4
31	Counterweight	16
32	Guide block set	1
33	Guide rod fixing plate	1
34	Counterweight latch	1
35	Wire Rope I	1
36	Wire Rope II	2
37	cushion	1
38	armrest	2
39	Backrest	1
40	Hexagon socket head screw (M8*40)	3
41	20-hole plug	3
42	Bezel	4

43	Counterweight decorative strip	2
44	Counterweight source decorative plate	1
45	Counterweight upper guard	1
46	Upper guard cover	1
47	Upper guard cover	1
48	Hexagon socket head screw (M6*30)	4